

Cardiovascular Health in Missouri



The heart of the matter...

Did you know?

- ♥ Heart Disease is Missouri's number one killer. It is the leading cause of death for men *and* women and for *all* racial and ethnic groups.
- ♥ Missouri ranks 42nd out of 52 states (including the District of Columbia and Puerto Rico) in terms of cardiovascular disease death rates.
- ♥ Cardiovascular disease cost Missouri more than \$3.1 billion dollars in hospitalization expenditures in 2002 alone.
- ♥ Cerebrovascular disease (stroke) is Missouri's number three killer. Mortality rates are higher among African Americans and males. Nationally, Missouri ranks 18th in stroke death rate.

Major risk factors for cardiovascular disease:

smoking, physical inactivity, unhealthy eating, obesity, elevated cholesterol and hypertension



More than one out of every four Missouri adults smokes. In 2003, Missouri had the third highest smoking prevalence rate in the U.S.



More than one out of every four Missouri adults do not participate in any leisure time physical activity. However, leisure time physical activity rates are increasing in Missouri.



Four out of five Missouri adults do not eat the recommended five daily servings of fruits and vegetables.



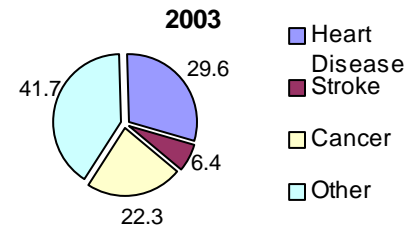
Over 57 percent of Missouri adults are overweight or obese, and the prevalence is increasing. Missouri ranks among states with the highest rates of overweight and obesity.

Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information, Management and Evaluation: Missouri Information for Community Assessment

Missouri Department of Health & Senior Services • Unit of Cancer & Chronic Disease Control • (800) 316-0935

Missouri Causes of Death



HEART ATTACK WARNING SIGNS



Some heart attacks are sudden and intense...but most start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help.

Physical symptoms include:

- Chest discomfort – pressure, squeezing, fullness, pain
- Discomfort in other areas of the upper body – one or both arms, back, neck, jaw or stomach
- Shortness of breath – before or during chest discomfort
- Other signs such as breaking out in a cold sweat, nausea and lightheadedness

If you or someone you're with has chest discomfort, especially with one or more of the other signs, **don't wait longer than 5 minutes before calling 911.**